Health and Beauty

During the summer a great many young adults have trouble with their complexions. This is due to the increased flow of oil brought about by the heat.

If the surface of the body is kept clean so that the oil can be released by the pores naturally no harm is done. However, if the skin surface is not clean, or if the oil is allowed to accumulate in the skin's surface for too long, a blockage of the pores will result. A blemish or bump will most often result.

Of course, the treatment of acne is never as simple as keeping your body well scrubbed, although this is an important step in the right direction. In cases of acne the afflicted person should be under the care of a doctor.

If you have a simple skin problem that tends to worsen during the summer, try washing your face and neck three times a day with a mild soap using a complexion brush. Use warm water and rinse well, follow with a cold splash.

You will benefit from a twice-weekly scrubbing with a good cleansing grains. Once a week, make a mask of beaten egg and allow it to dry completely.

A drying medication should be applied on eruptions at night.

This treatment is very drying to your skin so be sure to protect the delicate lip area and your lips with cream.

MAIL CARRIED 36 YEARS

Newberry, S. C.- Willie L. Mills, who recently retired as a rural mail carrier, began carrying the mail with a horse and buggy on a 24-mile route, and ended up with an automobile and a 50-mile route. He estimates he has traveled 400,000 miles in his 36-year delivery career.

Appomattox is a growing town.

SNACK BAR

This Popular Down-Town Restaurant Welcomes You For

BREAKFAST

LUNCH — DINNER

Open 6 a. m.—Close 8 p. m.
(Closed on Sunday)

Paul Thompson, Prop.

DAIRY FEED OUTLOOK POOR

Troubles are besetting Virginia dairymen these days.

William S. Griffith, assistant dairy husbandman at VPI, reports that in many areas August pastures are worth little or nothing. Only in the western and southwestern counties is there grazing of any value. In the counties east of the Blue Ridge, some dairymen are grazing their alfalfa and late hay fields.

Many dairymen are already feeding a considerable amount of hay and silage. Everywhere but in the west and southwest, the corn crop is expected to be seriously reduced. In the central and eastern counties, dairymen are harvesting corn for silage because the grain is so poor.

The late hay yield will be low, Griffith says; however, in some areas where there has been a little rainfall, the lespedeza is improving some.

He advised dairymen to use rain when it does come and get in some fall pastures, and alfalfa for next year. If the winter freeze is late again this year, dairymen should still be able to get some grazing from their pastures.

Griffith also reports that although there was a ten cent increase in the price of all wholesale milk in Virginia last month, this increase is somewhat less than the average for the period from June to July. The July price for all wholesale milk was $4.70 a hundred. Milk for fluid consumption averaged $5.45, an increase of 20 cents over last month. Milk for manufacture was up 5 cents to $3.30 per hundred.

AVOID CONTACT WITH POISONOUS PLANTS

There are more than 60 varieties of plants in the United States which may cause irritation to the skin.

VPI specialists say most people are immune to most of these plants, but nearly everybody who touches poison ivy, poison oak, or poison sumac is affected to some degree. These three poisonous plants all have fruit greenish-white in color and arranged in grapelike clusters. If you come in contact with any of them, sponge off the exposed area with alcohol immediately. Then wash thoroughly with soap and water.

The best thing to do, of course, ist o stay away from poisonous plants, and cover yourself if you must go near them.

Subscription rate: $2.00 a year; payable in advance.

Dial 2811 with Personals.

Appomattox is a growing town.

COMMITTEEMAN APPOINTED IN APPOMATTOX COUNTY

Mr. William A. Mays, of R. F. D. 1, Appomattox, is the new Farmers Home Administration committeeman for Appomattox County. He succeeds Mr. James A. Carson, who has served his full three year term. Reese A McCormick, Jr., the agency's county supervisor announced today.

The other two committeemen with unexpired terms are Mr. John A. Gilley, R. F. D. 1, Appomattox, and Mr. Walter Henry, Spout Spring. Committee members serve 3 - year terms arranged so that one member is appointed each year. The term of office begins July 1. A member completing his term cannot succeed himself and at least two of the members must be farmers.

The county committee determines the eligibility of local farmers who apply for Farmers Home Administration loans. The committee also certifies the value of farms being purchased or improved with Farmers Home Administration loans and assists in adapting the loan program to local conditions.

Approximately 68 per cent of the applications reviewed by the Appomattox County committee during the past year were for operating loans while 32 per cent were for real estate loans. Operating loans are used by farmers to buy quality livestock and machinery and to meet operating expenses incurred in adjusting and improving their farming methods. Real estate loans are used to buy, improve or enlarge family-type farms and to refinance certain debts. Loans are also available to farmers to establish and carry on approved soil and water conservation practices, including the construction of farmstead water systems, terraces, irrigation and drainage systems. Farm housing loans for building or remodeling farm homes and other necessary farm buildings are also provided.

The agency does not make a loan of any type to an applicant whose credit needs can be handled by other credit sources.

Subscription rate: $2.00 a year; payable in advance.

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GAME COMMISSION CONVICTIONS IN 1956

Webb Midyette, chief of the law enforcement division of the Game Commission disclosed that during the fiscal year beginning July 1956 through June 1957, there have been 8,468 dog, game and fish law convictions. Total proceeds, including costs and fines from these convictions were $106,785.03. The monies from the fines, which amounted to $70,462.25 were given to the state literary fund for school operations in the state; and the remaining portion, $36,322.78 which represented costs was paid to the local courts.

It was also reported that during the year 1956, the game wardens disposed of 46,246 prowling, stray, and depredating unlicensed dogs.

Midyette emphasized that the Commission of Game and Inland Fisheries is self-supporting from the revenues received from hunting and fishing licenses with fifteen per cent in addition from the sale of dog licenses.

RED CAP MONTH

An announcement has been made by Frank Gregg, newly appointed executive director of the Isaak Walton League of America, Inc., that the month of September will be publicized throughout the country as Red Cap Month. A nationwide action program sponsored by the Isaak Walton League of America will feature the red cap as a symbol for hunting safety and conservation. The aims of the Red Cap program are to: encourage respect for legal and moral hunting laws; to help foster safety in the use of firearms; to help promote respect for the rights of property owners; to prevent range and forest fires; and to help perpetuate hunting as a national sport for ourselves and future generations.

Cooperation

Cooperation would solve many problems. For instance, freckles would make a nice coat of tfan if they'd just get together. —The A. F. P. S.

Appomattox is a growing town.

SPECIAL DEER HUNTING SEASON AT HOG ISLAND

Chester F. Phelps, chief of the game division of the Commission of Game and Inland Fisheries, announced the dates of the special deer hunting season for bow hunters only at the Hog Island Waterfowl Refuge. They are during the weeks of September 23-28 and September 30-October 5—all dates inclusive, from one-half hour before sunrise to one-half hour after sunset.

Hunting will be by special permit only, application for which is obtainable from the Richmond office of the Commission. Applications will be received until September 5, 1957. Approximately 75 hunters will be allowed on the area each day and should applications exceed this number, permits will be issued on a draw basis.

THURSDAY AUGU

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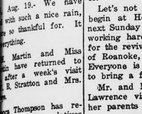

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Aug. 19.- We have with such a nice rain, so thankful for. It erything.

Martin and Miss have returned to after a week's visit R. Stratton and Mrs.

Thompson has re- after visiting relatives in Richmond.

Jennings, of South been visiting Miss and Mrs. H. B. ng the past week.

Babcock, Miss Avetta ainsville, Florida, and Babcock, of Appomat- visiting in the home R. Stratton and Mrs. during the past week.

Virgil Robertson and Norfolk, spent Sunday of Mrs. Lester Carson.

Smith was the dinner and Mrs. E. L. Chick Sunday Rev. Collie Rock same home on Thurs- Both are always wel- in this home.

of the late Mr. M. Stratton, Sr., held noon in the home of Melvin Stratton on t family was present, day together.

Mrs. W. C. Chick, of ent the week-end with Irvin and wife, and Jr. C. D. Carson and other relatives close

Mrs. Inby Wheeler visit- ile grandson, Brad Lynchburg Hospital last he is doing so well, and and pray this dear little be real well again.

Mrs. Wallace Bondurant and Mr. and Mrs. Tom Davidson and son spent Sunday at Rustburg with Mrs. Bondurant's parents, Mr. and Mrs. W. T. Younger.

Let's not forget the revival will begin at Hebron Baptist Church next Sunday morning. The pastor is working hard gettings things ready for the revival. Rev. John St. Clair, of Roanoke, will do the preaching. Everyone is invited to attend and to bring a friend.

Mr. and Mrs. Henry Beard and Lawrence visited his mother and her parents on Sunday.

CORN SILAGE TIPS GIVEN

Putting corn in storage instead of selling it at harvest time generally pays — but where and how to store the corn is a common problem on many Virginia farms, says A. J. Lambert, associate agricultural engineer at VPI.

He suggests the use of the upright silo for corn storage. The upright silo has satisfactory for shelled corn if the corn has been properly dried. Lambert says in a recent a silo 36 feet deep and 16 feet in diameter held properly dried corn in good condition throughout the season. An aeration or drying system was installed in the silo to prevent the grain from going overheated. An 18-inch tubular duct was placed from the lowest door in the silo to the center of the silo. The duct was connected to a 60-gallon steel drum which had a lot of holes punched in it. The drum was set in the center of the silo.

Connected to the duct on the outside was an 18-inch fan powered by a 1-hp electric motor which pulled the air down through the corn and exhausted it at the base of the silo. The fan was run only when the corn started to heat. The system kept the corn in good condition throughout the year.

Lambert says this is only one of the methods used in keeping corn on the farm. Other buildings or storage structures can be converted or adapted for corn storage. VPI's agricultural engineers will help farmers who are interested.

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About The Home

By Frances Dell

The proper care and storage of foods make a great deal of difference in the vitamin content as well as the taste of foods. For this reason, it would be a good idea to become familiar with these few simple facts.

Eggs, for instance, are best stored in the refrigerator in a wire basket. If they are to be kept for a number of weeks, place them on the large end with the small end up.

Take milk into the house as soon after delivery as possible. Wash the entire bottle and cap in cold running water before putting it away. Keep milk closely covered as it absorbs odors from other foods as readily as butter does.

Wash or scrub vegetables and remove waste before storing in refrigerator vegetable pan. Wilted vegetables may be freshened in salted ice water.

Fresh uncooked meat should be removed from wrapping paper and wiped with a damp cloth. Then place in meat compartment wrapped in waxed paper or on a platter.

To keep whites after eggs have been broken, separate and place in a covered glass jar in the refrigerator. To keep yolks, separate and place in a glass container and cover with water or milk.

Highly perishable table fruits, such as peaches, apples and pears, should be placed in the refrigerator without washing as soon as they are brought from the market. Most fruit should be placed in a colander and washed with a spray. However, the firmer fruit, such as peaches, apples and pears, may be washed by a light, rubbing in cold water.

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Evergreen

Evergreen, Aug. 20.- The Willing Workers Circle met in the home of Mrs. C. J. Paulette last Tuesday evening.

Mr. C. I. Harvey, of Cullen visited relatives here recently.

Mrs. Leon Paulette has returned home after visiting her parents, Mr. and Mrs. Campbell in Canada. Her mother and sister returned with her for a visit.

A miscellaneous shower was given in honor of Mr. and Mrs. A. A. LeGrand last Monday night, with good attendance. They received many useful gifts.

Mrs. Melvin Garrett is a patient in a hospital in Lynchburg.

Sympathy is extended to Mrs. Roy Keys in the death of her brother-in-law in Tennessee.

Barbara Kay Staples was a patient in a Lynchburg hospital several days last week.

Mrs. Lucie Staples returned home Sunday, after spending some time with her mother, Mrs. Minnie Butler, who has been ill at Carrsville, Va.

Visitors over the week-end in the home of Mr. and Mrs. W. C. Garrett were Mr. and Mrs. Carl Inge, of Roanoke; Mr. and Mrs. Witt Woodall, of Lynchburg, Mr. Tom Marsh and Mr. and Mrs. Dean Pugh.

Mrs. Etta Ferguson is spending some time with Mr. and Mrs. Floyd Austin.

Rev. and Mrs. L. P. Brown were dinner guests Sunday evening in the home of Mr. and Mrs. R. H. Wooldridge and Barbara Anne.

Mr. and Mrs. Ernest Farrar spent the week-end with Mr. and Mrs. Calvin Coleman at Red Oak, Va.

Visiting over the week-end in the home of Mr. and Mrs. W. E. Warriner were Rev. and Mrs. Frank Garrette, of Alexandria; Mr. and Mrs. J. P. Paulette, Mrs. Ashby Paulette, Mr. L. L. Stewart, Mr. and Mrs. J. C. Staples, Mrs. Ernest Farrar, and Mr. and Mrs. S. J. Evans.

Mr. and Mrs. Herbert Smith, of Alexandria spent several days last week in this same home.

Gee and Whiz!

We liked the story of the mean, old, lazy farmer down in Mississippi, who never got around to naming his twin boys. So they grew up with one being known as "Hey" and the other as "You Too." -The Emmettsburg, Iowa, Reporter.

SOIL BANK'S '58 WHEAT ACREAGE RESERVE IS ANNOUNCED

The soil bank's 1958 acreage reserve program, announced recently by Acting Secretary of Agriculture True D. Morse, will be available first for winter wheat to be seeded this fall, H. Ryland Heffin, Chairman of the Virginia Agricultural Stabilization and Conservation Committee, said today.

Beginning August 26, farmers who wish to take part in the acreage reserve program by reducing their winter wheat acreage below the established farm acreage allotment will be able to sign 1958 program agreements at the County ASC Office. Officials in the office are busy working out last-minute details of procedure, prior to opening of the sign-up period.

"A number of changes have been made in provisions of the 1958 acreage reserve program, based on the past 2 years' experience," the chairman stated. "Perhaps the most important of these changes is the establishment of a total crop acreage figure for each farm — to be called the 'soil bank base' — as a means of reducing the farm's acreage of harvested crops.

"In the agreement, farmers will agree to limit their harvest of so-called 'soil bank base' crops to the 'permitted acreage' — in general, the number of acres in the soil bank base less the number of acres 'reserved.' This 'soil bank base' provision should help to check the shift of production from acreage reserve crops to other crops, which contribute to overall surpluses."

Since a soil bank base must be established for each farm before an agreement may be signed, farmers are urged to bring along a record of their farm's crop history when they call at the County ASC Office.

HUNCH PAYS OFF

South Bend, Ind.- Ten year-old Jill Land lost her purse while on a recent trip through the Eastern States. Acting on a hunch that the purse had been left in a Woodsville (N. H.) restaurant, Mrs. G. D. Land, Jill's mother, addressed a letter: "To a restaurant on Highway 112 that sells ice cream and is across the street from a motel that has a painting of the Great Stone Face on the side of the building, Woodsville, N. H." It paid off — the purse arrived recently at the Land home.

The Atomic Energy Commission is proposing that the states join the Federal government in a cooperative effort to guard against the radiation hazards of atomic industry.

KNOW THE WEATHER

By E. H. Sims

Part I

What is a barometer? What does it really measure?

A barometer is a very simple set of scales. It weighs the air layer above you. Air has weight and the height of the layer above you determines the reading on your barometer. Actually, anyone can make a barometer and if care is used, it will be accurate.

If you have a glass tube, closed at one end, in the shape of a U, you have a ready-made barometer. Turn the curved end down, add water up to about the half-way mark (on a good, clear day) and hang it on the wall.

You will notice that the water will rise in the open end when pressure falls — when bad weather is coming. It will recede again when clear, good weather returns. This is because good weather accompanies a high pressure system. And a high pressure system is nothing but a high layer of air above you—hence the greater weight of air pressing down on the water in the open end of the tube.

When the air layer above you is not high (a low pressure system), weight pressing down on the open end of your home-made barometer will not be great, but will still be high (because you trapped that 1,440 an hour.

good-weather, high-pressure air in it when you added the water). The high pressure air in the closed end will thus push water upward in the open end.

FOUR-LEAF CLOVERS

Denver, Col.- Mrs. Harry Huffman has been successful in growing four-leaf clovers. She found the seed, if planted, produced only three-leaf clovers, but the plants, if the blossoms are picked, will spread their roots and up come new-four-leaf plants. She has a bed of four-leaf clovers almost 15 feet long.

DIVORCE SAME HUSBAND

Los Angeles, Calif.- Mrs. Andrea M. Hurst had her marriage annulled and Mrs. Ruby Harmon was granted a divorce in Superior Court recently from the same man. Mrs. Hurst knew her husband as Nimrod E. Hurst, while Mrs. Harmon knew her's as Leland E. Harmon. Hurst-Harmon, 53-year-old Chinchilla breeder, has vanished into thin air.

HICCUPS 6 MONTHS

Durban, S. Africa.- Maureen Morton, 18, has been hiccuping for the last six months, with only short breaks in between. The hiccups have now increased to a rate of

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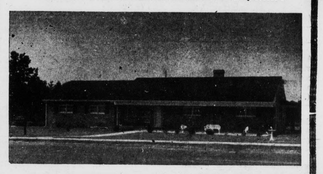

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